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## New training puts drill sergeants on target

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# The Fort Jackson Leader

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## Summer break-ins isolated incidents, Military Police say

Mike A. Glasch  
Leader Staff

Fort Jackson law enforcement officials say four break-ins in the Pierce Terrace Residential Housing Area during the summer were isolated incidents. The break-ins took place in June and July.

"Since the last break-in in July we haven't had any other incidents," said Sgt. 1st Class Steven Dulak, Directorate of Emergency Services. "We want to ensure the residents there is not a rampant crime issue on Fort Jackson."

The break-ins and subsequent thefts are felony offenses because of the values of the items stolen. Since felonies are involved, the investigation has been turned over to the Criminal Investigation Division.

According to the U.S. Department of Justice, there's a greater chance of thieves breaking into a home during the day when many people are at work. Also, around 40 percent of household burglaries are not forced entries, meaning someone was able to walk, climb or crawl inside of houses almost as easily as if the owners left a key in the door.

Dulak urged all Fort Jackson to take preventative measures to keep from being a crime victim.

"We want to remind residents to practice crime prevention by keeping their doors and windows secured," he said. "If you are going out of town, ask your neighbors to keep an eye out. Report any suspicious activity to the MP desk."

An \$850 reward continues to be offered for any information that could lead to the arrest and conviction of those responsible for the Pierce Terrace break-ins. Anyone with information about these incidents is asked to call the Fort Jackson CID Office at 751-3783/7664, or the Military Police at 751-3113. Callers can remain confidential.

Michael.A.Glasch@us.army.mil

## Army Prep School officially opens doors



Photo by Susanne Kappler

From left: Col. Karl Reed, commander 171st Infantry Brigade, U.S. Rep. Joe Wilson (SC); Brig. Gen. Bradley W. May, Fort Jackson commanding general; Maj. Gen. Thomas P. Bostick, Army Recruiting Command commander; and Ike McLeese, civilian aide to the Secretary of the Army, officially open the Army Preparatory School during a ribbon-cutting ceremony at the school Aug. 27. The school was established to allow Soldiers to complete their General Educational Development before starting Basic Combat Training.

## Fort Jackson spouses' clubs join forces to form united front

Susanne Kappler  
Leader Staff

A new era of teamwork and cooperation has begun with the founding of the Fort Jackson Spouses' Club. The club's officials were instated during a candlelight ceremony Tuesday. The organization combines the former Officers' and Civilians' Spouses' Club, which dissolved in December and the former Enlisted Spouses' Association, which dissolved in July.

"What we came to realize is that our goals were the same," said Tonya Winters, co-founder of the new club. "We gave donations to the same organizations on post. It was kind of silly to have these two separate entities on post doing the exact same

thing for the community. We thought together we could do bigger and better things to support the Soldiers and the families."

The club will present itself to the public during a membership drive from 10 a.m. to 2 p.m., Sept. 9 at the MG Robert B. Solomon Center.

"We want to show that we want to be a part of this community, that we are a united front behind our spouses — whether they are officers or enlisted," said Rhonda Woody, the club's president.

During the event, interested spouses will have the opportunity to meet the club's officials and find out about the activities being planned. Several sub-clubs are already in the works, such as

scrapbooking and book club, but members will have the chance to suggest other areas of interest as well.

"It's an exciting opportunity to be there on the ground for something that has never been done before here at Fort Jackson," said Annette Ruzicka, first vice president.

The club is open to spouses of service members of all ranks and services and to spouses of DA civilians. The board members hope to attract spouses who are new to the Army or Fort Jackson.

"When you move to a new place, you want to find a nice home, you want to find a community where you fit, you want to

See *Spouses* Page 4



# COMMANDERS' CORNER

## From the Commanding General

### Preventing heat injuries a priority on Fort Jackson



**BG May**

Of the many splendid aspects of South Carolina, triple-digit temperatures are not topping the list. While heat can be hazardous, I am convinced we are taking the proper steps toward injury prevention. However, we must remain vigilant.

Soaring summer temperatures, coupled with the extreme humidity that is all too common here in the South, make it necessary to exercise every precaution to ensure the safety of our Soldiers and others who spend much of their time outdoors at Fort Jackson.

In August and into September, it is not uncommon to be besieged with Category V heat, which is the heat classification for when temperatures reach 90 degrees and above.

With that in mind, we need to take every step to ensure that we understand

and practice heat injury risk management and take the necessary steps to make sure every safety precaution is firmly in place. We can never be too cautious when it comes to protecting our Soldiers and members of our Fort Jackson workforce and community from heat injury.

That rationale came into play recently in our decision-making for Basic Combat Training family day activities when we had about 1,600 new Soldiers and their Families. Graduating Soldiers were issued off-post passes Thursday and Friday, to allow them to leave post with their Families to seek indoor-activities to avoid the sweltering 102-degree heat.

Again, the safety of our Soldiers and community members is paramount, and I can assure you that it is my priority to make sure we continue to adhere to solid risk-management and our heat-injury prevention guidance provided by our safety professionals. If you think about it, there are many things that are already in place to help prevent injuries.

For example, the safety office provides leader professional development sessions as well as a variety of products, ranging from posters to booklets, aimed at educating the leadership and Soldiers on all facets of heat injury prevention.

These products also focus on the recognition of symptoms and applicable treatment and protocol if someone were to develop heat cramps, heat exhaustion, and heat stroke.

Hyponatremia, commonly referred to as water intoxication, is also addressed. It is also something we need to be aware of during hot weather. Hyponatremia is caused by excessive water intake which dilutes the blood sodium levels. Be assured that measures are in place to recognize the symptoms if this were to occur.

Once again, the emphasis is on prevention. We do not want one Soldier or member of the community stricken by something that could have been prevented. Unit leaders and drill sergeants have been trained up on this. In addition to learning

several first aid and combat lifesaver techniques, cadre — who also run heat risks themselves — are taught composite risk management and risk assessment; hydration and nutrition. They receive wet bulb temperature measurement and heat index training.

During training, at least one cooler per platoon is always available. The cooler contains bed sheets soaked in ice water. The sheets are kept cold for immediate use in the event a Soldier or cadre member is a heat casualty.

If anyone should be injured, he or she is wrapped in the ice sheets and 911 is called immediately. The training and emergency procedures are paying off. Injury rates have drastically decreased this summer and there has not been a heat-related death in five years, while tens of thousands of Soldiers have received their basic combat training during that time.

Let's keep this trend going. Prevention is the key and it takes all of us working, and learning, together.

## Ask the Garrison Commander

### Army Lodging and pets; fees paid by tuition assistance



**Col. Dixon**

**Q** What is the Army Lodging policy for people traveling with a pet? Does Fort Jackson have pet rooms?

**A** The Army recognizes that on-post lodging accommodations for guests with a pet is a convenience for the transitioning military family and has mandated that several rooms be designated for that purpose.

Fort Jackson's designated pet rooms are located at the newly renovated Palmetto Lodge, the hotel where service members with their families stay during a permanent change of station. Guests have the obligation of ensuring they comply with the pet room policies.

Guests traveling with pets are encouraged to plan ahead

and make early reservations because of the limited number of pet rooms at each installation.

Pet rooms receive additional sanitation to ensure that they are environmentally safe. Quality pet room accommodations are part of Army Lodging's commitment to the best guests in the world.

**Q** What fees are authorized to be paid when a Soldier uses tuition assistance?

**A** The fees that tuition assistance will cover vary from school to school. However, the fees must fall into these specific categories: The fee must be mandatory for all students taking the college course, the fee must be refundable if the student drops the course before the start date and the fee must be linked to enrollment in a specific

course or enrollment period.

Examples of fees are book fees, lab fees, parking fees, etc. For more information regarding fees covered under tuition assistance, see Army Regulation 621-5 or visit [www.goArmy.edu](http://www.goArmy.edu).

#### Garrison Fact of the Week

National Bowling Week is under way. Century Lanes, along with 3,400 bowling centers across the country, is hosting a weeklong celebration to thank its customers for helping to make bowling the nation's number one participatory sport and to welcome new bowlers.

For more information on daily events, call 751-6138.

To submit questions to "Ask the Garrison Commander," call 751-5442, or e-mail [Scott.Nahrwold@conus.army.mil](mailto:Scott.Nahrwold@conus.army.mil).

## The Fort Jackson Leader

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# NEWS

## New policy reduces loss of leave

**Susanne Kappler**  
Leader Staff

The new fiscal year, beginning Oct. 1, will bring about four changes for service members regarding their leave. The new leave and liberty policy is aimed at preventing loss of leave caused by current operational requirements.

“Lost leave is an issue, because leave is an entitlement. It is worth money,” said Sam Retherford, DoD deputy director of officer personnel management, in an interview with American Forces Press Service. “This new policy sends the message that the department values the worth of the entitlement, but recognizes that there is not always the opportunity for people to take leave because of the current operational environment.”

The changes in the leave policy are:

— Service members are allowed to carry-over up to 75 days of accrued leave, up from 60 days. For example, a Soldier who has 75 days of leave left by Sept. 30 will not lose the leave with the start of the new fiscal year Oct. 1.

The new policy requires system changes to the Defense Joint Military Pay System, which will not be fully implemented until November. This may result in an inaccurate amount of accrued leave on some Leave and Earnings Statements throughout October. Once the system is updated, the correct amount of leave will be shown.

The increase in accrued leave does not affect the law for selling back up to 60 days of leave during a service member’s military career.

This part of the policy expires Dec. 31, 2010.

— Under the new policy, special leave accrual retention limits are increased. SLA earned in combat zones may now be kept for up to four years. SLA earned in support of non-combat-zone operations may be kept for up to two years.

This applies only to SLA accumulated between Oct. 1, 2008, and Dec. 31, 2010.

Special leave is leave earned beyond the leave limit (75 days) and will be reduced first when a service member takes leave. For example, a Soldier has 75 days of earned leave and 20 days of SLA. If the Soldier takes 10 days of leave, his or her SLA will be reduced to 10 days, the earned leave is not affected.

— Enlisted service members are allowed a one-time sell back of up to 30 days of SLA if the service member has accumulated more than 120 days of SLA. Only the leave exceeding 120 days may be sold. For example, a Soldier with 145 days of SLA can sell back 25 days.

The leave sold under this policy applies against the 60-day cap of leave that can be sold back throughout a service member’s military career.

— Service members completing an overseas tour of one year or longer are authorized a 20-day special rest and recuperation absence with transportation benefits, up from 15 days.

The changes in the leave policy are part of the National Defense Authorization Act, which was signed into law Jan. 28.

*Susanne.Kappler1@us.army.mil*

## CFC kicks off a new season of giving



Photo by Susanne Kappler

*Dan Handschin, right, area commander of the Department of Homeland Security and Combined Federal Campaign co-chairman, congratulates Sgt. Autumn Rodriguez, left, on Fort Jackson’s contributions to the 2007 CFC at the 2008 CFC kickoff event Monday at the Officers’ Club. Handschin presented the National Performance Award to the Fort Jackson CFC team represented by Rodriguez, Sgt. 1st Class Sandra Clemmons and Brig. Gen. Bradley W. May, Fort Jackson commanding general. Military personnel and federal employees can contribute to numerous charities during the campaign, which runs Sept. 1 to Dec. 15.*

## Community comes together to celebrate women’s equality

**Ashley Henry**  
Leader Staff

The Fort Jackson Dental Activity hosted a luncheon on Tuesday to celebrate Women’s Equality Day at the Fort Jackson Officers’ Club.

Women’s Equality Day was designated as Aug. 26 in 1971 by Congress to honor women and their efforts for equality according to the Department of Veterans Affairs Web site. Aug. 26 was chosen because on this day in 1920, the 19th Amendment, which gave women voting rights, was adopted as part of the U.S. Constitution.

The guest speaker at Fort Jackson’s celebration was Col. (Ret.) Charlotte Jones, one of the Dental Corps’ first female dentists. She graduated from the University of Kentucky School of Dentistry in 1976. When she entered the Army she was enrolled in a one-year internship in General Dentistry at Fort Bragg, N.C., and became board certified in General Dentistry in 1987.

While in the Army she commanded the DENTAC at Camp Zama, Japan, and Fort Campbell, Ky., as well as the Pacific Regional Dental Command, before retiring in 2000.

Throughout Jones’ career she has encountered adversity, based on what she believes is her gender.

One of Jones’ first encounters was during her internship at Fort Bragg, when she almost found herself without an instructor.

“My instructor told me that he didn’t want to train me,” Jones remembered, “but he said the command was making him, so he had to. So was it any surprise when the senior enlisted lab tech would not do my labs for me?”

Jones made it through her yearlong internship and graduated with honors, which, she said, was with the help of some advice her mother had given her.

“My success started with my mother because she told me that life wasn’t always going to be fair and that bad things could happen even if you were a good person,” Jones said, “so I asked for no special treatment and I gave 110 percent in everything I did.”



Photo by Ashley Henry

*Col. (Ret.) Charlotte Jones addresses attendees of the annual Women’s Equality Day luncheon at the Fort Jackson Officers’ Club Wednesday. Jones was one of the Dental Corps’ first female dentists.*

The most important thing to remember is that everyone deserves equal and fair treatment, Jones said.

As a lieutenant colonel, Jones attended Command and General Staff College and said there was one particular insult she could not escape.

“When you’re a senior (officer) you get invited to the private dinners where you can make a lot of contacts and it’s really a formal thing,” Jones said, “but the stipulation they made on me was that I had to have an escort, but the other senior dentists I went to school with did not have to have an escort.”

Since then, that policy is no longer in effect and women are allowed to stand in receiving lines alone. Jones said that this is just one of many strides the Army and society have made in gender equality, but there is still work to be done.

“Just as Soldiers are called upon to defend this country and our liberties,” Jones said, “we must continue to be ever vigilant against unfair treatment for every individual.”

*Ashley.Rose.Henry@us.army.mil*



## Around Post

### Retirement Review

The Recruiting and Retention School will conduct the August Retirement Review ceremony today at the Post Headquarters. In case of inclement weather, the ceremony will be at the MG Robert B. Solomon Center.

### Reintegration Training and vFRG Brief

There will be a Reintegration Training and vFRG Brief 1-3 p.m., today at the Education Center. For more information, call 751-4862/6325.

### Marion St. Station Construction

Beginning Monday Marion Street Station will be under construction while a new roof is put on the building. The construction will last until Oct. 25. There may be changes to the entrance and exit during construction.

### Newcomer's Orientation

A Newcomer's Orientation will be 9-11 a.m., Wednesday at the Post Conference Room. For more information, call 751-4862/6325.

### AER Commander's Referral Training

A AER Commander's Referral Training will be 9-10:30 a.m., Sept. 4 at the Education Center, Room B-302. For more information, call 751-4862/6325.

### Knight Pool Closure

Knight Pool will be closed for repairs beginning Monday. The pool will be closed for approximately 90 days. Throughout September, opening hours for Legion Pool will be extended.

### Reporting Abuse

Every Soldier and member of the military community should report information about known and suspected cases of spouse or child abuse to the military police. The 24-hour report line is 751-3113.



Photo by Susanne Kappler

**Rhonda Woody, president of the newly formed Fort Jackson Spouses' Club, places her candle next to the candles of the other club officials during the club's founding ceremony Tuesday. Each candle is lit from the unity candle in the center of the table and the candles' colors symbolize the positions held by the officials.**

### Spouses (continued from Page 1)

find a place for your kids — and the spouses' network is the best way," said Beth Shwedo, who serves as an advisor to the board.

Information booths representing numerous organizations on Fort Jackson will be present during the membership drive.

Starting in October, the club plans to have monthly meetings over lunch or in the evenings. The exact format of the meetings is yet to be determined and members' suggestions are welcome.

The first luncheon is tentatively scheduled to take place Oct. 7 at the NCO Club. Aside from the monthly meetings and the sub-clubs, the club's long-term plans include doing charity work.

"The goal, eventually, of course, would

be to be able to support the community in a big way," Ruzicka said. "We're trying to start off with small bites so that we can work our way up to being able to support the community."

While there are many opportunities for members to get involved in activities, all participation is strictly voluntary.

"If there is an area where you would like to volunteer, the opportunity is available, but there is nothing that you have to commit to when you come except that you want to have a good time," Shwedo said.

Woody emphasized that the most important benefit of joining a spouses' club is the camaraderie it builds among people in the same situation.

"We all have friends in the outside com-

munity, outside the Army," she said. "But this gives us a way of making friendships within the Army community of spouses who are going through the same thing. You can have friends outside the community who have no idea what you say."

In addition, it is a valuable resource for spouses, even for those spouses who are already veterans of the military lifestyle, Winters pointed out.

"I've been a military spouse for almost 16 years, and I've learned more in the past three years being part of the spouses' club than I did in the years prior," she said.

To contact the Fort Jackson Spouses' Club, e-mail [Ft.JacksonSpousesClub@yahoo.com](mailto:Ft.JacksonSpousesClub@yahoo.com).

[Susanne.Kappler1@us.army.mil](mailto:Susanne.Kappler1@us.army.mil)

### 'First at Vicksburg' welcomes new commander



Photo by Ashley Henry

**Lt. Col. John Calahan, 1st Battalion, 13th Infantry Regiment incoming commander, accepts the brigade's colors from Col. Brian Prosser, 193rd Infantry Brigade Commander, during a Change of Command ceremony Tuesday at the 193rd Infantry Brigade Headquarters. Calahan assumed command from Lt. Col. Kevin Cooney, who is retiring.**



## Customer Service Corner

Fort Jackson Customer Management Services hosted a Drill Sergeant Spouse Focus Group Aug. 21 at the Plans, Analysis and Integration Office conference room as part of the Community FIRST quarterly issue resolution process.

The purpose of the focus group was to discuss issues affecting the spouses of drill sergeants and cadre assigned to Fort Jackson. At the end of the focus group, the nine delegates briefed the issues to Scott Nahrwold, deputy to the garrison commander. Following are the issues surfaced:

**Title:** Drill sergeant spouse orientation and support

**Scope:** There is a lack of adequate distribution of support information for drill sergeant spouses and families. Information is provided to the drill sergeant — not directly to the spouse — and because of drill sergeants' varied schedules, the information is frequently not relayed to families. Many spouses are not aware of available services.

**Recommendation:** Create a monthly standardized installation welcome orientation for drill sergeants' spouses, to be attended by a representative of each Family Readiness Group.

**Title:** Special events for drill sergeant families

**Scope:** There are not enough recreational events for drill sergeants' spouses and families. The spouses are not meeting socially, and, because of this, are not building camaraderie with other spouses and family members.

**Recommendation:** Implement monthly events for drill sergeants' spouses and families to socialize. Publicize a quarterly calendar of events using all available marketing resources.

**Title:** Free child care for drill sergeant families

**Scope:** There is no free child care for drill sergeants' families, who have to pay regular child care fees. Due to the cost of care and availability and demands on drill sergeants' spouses, there is little opportunity for stress-free time.

**Recommendation:** Drill sergeants should be considered mission-essential when determining child-care fees, in line with dual-military, single and deployed Soldiers who receive this consideration.

These issues will be sent to the respective directorate or organization responsible for resolution. The issues and the responses will then be published in the *Fort Jackson Leader* after completion. These issues will be discussed during the Installation Action Council scheduled at 9:30 a.m., Sept. 17 in the Post Conference Room.

**ICE for the School System**

Parents can rate their child's elementary school on the Interactive Customer Evaluation system. ICE is a tool that gathers feedback from the community and uses this feed-

back to measure how well service providers are supporting the community. Parents can rate areas such as staff attitude, office hours and the facility's appearance. Log onto the ICE Web site via Fort Jackson's home page at [www.jackson.army.mil](http://www.jackson.army.mil); click on the ICE logo at the bottom of the page, then "Education and Training," and then the name of the school. Enter comments or concerns and click "submit."

All issues submitted through Community FIRST/AFAP can be viewed or new issues submitted through the Customer Management Services Web site. Submit issues whether it affects Fort Jackson or the entire Army; feedback is important.

Submit issues and recommendations online at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. Click on "Submit an Issue or Recommendation" or click on the AFAP Logo to submit an issue.

### ICE Appreciation

The garrison congratulates the Directorate of Human Resources, specifically the Personnel Services Work Center and the Trainee-Student Processing Work Center. They maintained a 4.82 and a 4.75 rating, respectively, in employee/staff attitude out of a possible 5.0, for a 12-week period.

### It's that time of year again

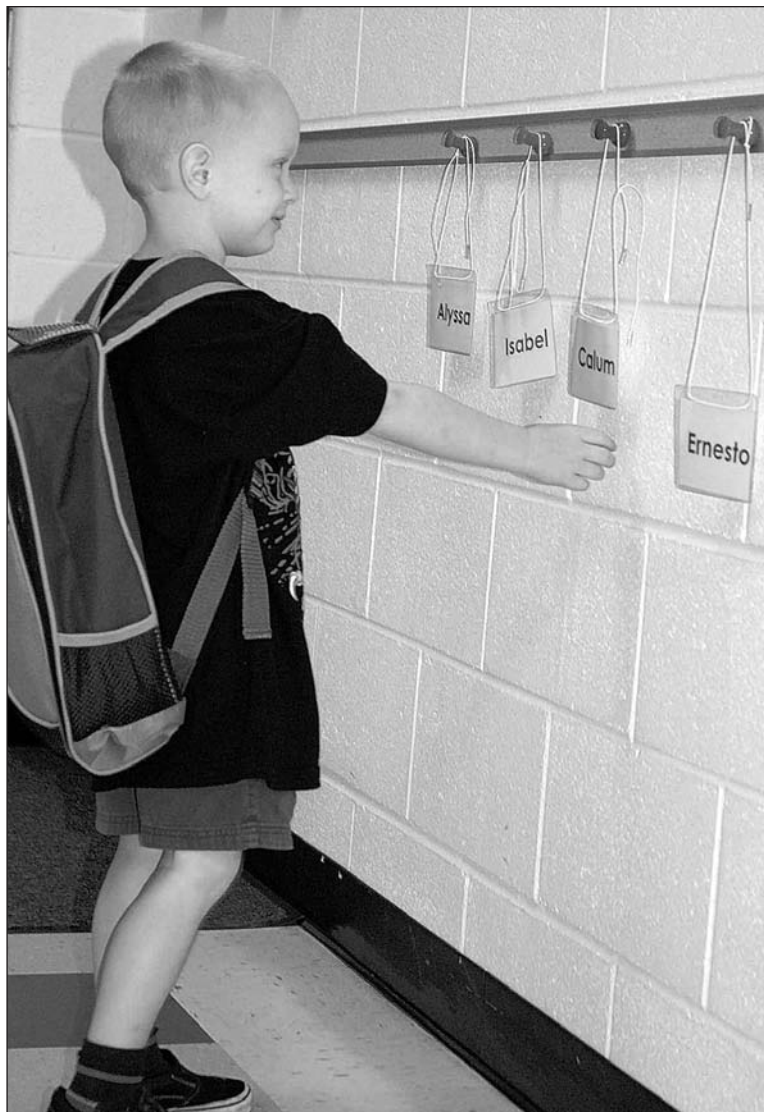



Photo by Susanne Kappler

Calum Miller, 4, finds his name tag before the start of his first day of Pre-K Monday at Pierce Terrace Elementary School. School for Kindergarten and Pre-K students on post started Monday, all other grades began the school year Aug. 21.



# SCHOOL ZONES

- Please slow down before you kill or injure a child.
- Reduce your speed in School Zones and Bus Stops.
- Your good example will influence other drivers to do the same.



## New drill sergeants learn to hit the marks

**Susanne Kappler**  
Leader Staff

Future drill sergeants are going back to the basics in a new outcome-based marksmanship training program, which is based on the Combat Application Training Course.

The Drill Sergeant School has been testing the new program since January. It was developed by drill sergeant leaders at the school and is currently in the process of getting final approval for permanent implementation.

“(Under the old instruction program) drill sergeant candidates were firing fewer rounds than a basic training Soldier in BCT. But they were required to know much more,” said Staff Sgt. Clayton Bowen, drill sergeant leader and main force behind the new program. “They never got the chance to get behind those weapons systems and actually understand everything from the ground up. We almost doubled the amount of rounds they fire now.”

The program, called Combat Assault Rifle Training Course, reflects the need to prepare future drill sergeants to train Soldiers who might be deployed to a combat zone soon after they graduate Basic Combat Training.

“We train the program to suit all different types of marksmanship training,” Bowen explained. “So regardless of what basic training company (the drill sergeants) go to, whether it be at this installation or any other, however commanders devise their marksmanship plan, (the drill sergeants) will have enough knowledge and experience to step into that training program and be able to effectively train the Soldiers to shoot.”

The new training increased from four days to 11 days and is divided into three phases.

Phase One, the introductory phase, covers safety, history, training in the Initial Entry Training environment, weapons components, weapons maintenance, weapons functions, terms and definitions, as well as instruction on fundamental applications.

During that phase, candidates will take a Basic Rifle Marksmanship qualification. The results are compared to the same qualification taken during a later stage of the

*“(Under the old instruction program) drill sergeant candidates were firing fewer rounds than a basic training Soldier in BCT. But they were required to know much more.”*

**Staff Sgt. Clayton Bowen**  
Drill Sergeant Leader



Photo by Susanne Kappler

**Sgt. Shawn Faherty, drill sergeant candidate, applies what he has learned about marksmanship during the Combat Application Training Course at the range Thursday. Watching him is Sgt. 1st Class Lester Case, drill sergeant leader.**

training.

“On Day One, when we did our baseline data, 55 percent of the platoon didn’t meet the minimum qualification standard, whereas when we did our mid-course training exercise on a qualification range, we only had three people in the platoon who didn’t qualify,” Bowen said.

One of the main aspects, taught from the start, of the program is the increased emphasis on weapons maintenance, functions and malfunctions.

“We go very, very in depth on all the parts and pieces of the weapon, more in depth than, I’d say, 90 percent of the students have ever gone,” Bowen said. “They now know every single part and what every single part does and they’re capable of being able to identify a problem just by knowing how the weapons system works.”

This is especially important when drill

sergeants are faced with malfunctions of weapons during training.

“For basic training Soldiers the drill sergeant is the answer,” said Sgt. 1st Class Lester Case, a drill sergeant leader who helped develop the program. “Everything that they know about the Army comes from watching you. So, if you don’t know it, it must not be important.”

Next, candidates enter the fundamental application phase, during which students conduct hands-on live-fire fundamental exercises and shooting drills while applying the lessons learned in Phase One.

Included in this phase is hands-on training in how to utilize the engagement skills trainer, EST2000, which uses video targeting and analyzes the shooters’ techniques.

Finally, during the combat application phase, lessons learned from the earlier phases are applied to combat training by including new shooting positions combat-like scenarios.

The program is designed to increase drill sergeants’ confidence in all aspects of marksmanship training.

“It can be applied to any kind of shooting. It is instruction on how to better understand your weapon and how to convey that

instruction to Soldiers,” Case said.

So far, the program has been a success, even though most of the skills taught are not tangible, Case said.

“When you first get them out on the range, a lot of them are very, very skeptical carrying around a gun,” Bowen said. “But toward the end of the program you can tell they’re a lot more confident with how they handle that weapon as opposed to the Day One of shooting. They’re a lot more knowledgeable. They follow the rules of the range, and they maintain that safety. They don’t even really have to think about it. It now becomes almost second nature to the majority of them.”

Staff Sgt. Shane Medders, a drill sergeant candidate, is impressed with the course and expects it to have a long-term effect throughout the Army.

“I think it’s a great asset,” he said. “It gives us a chance when we get to basic training to teach the Soldiers. And that’s how we get (the knowledge) out there. We get taught here, we go out to units and teach the BCT Soldiers and pretty soon it’s spread Army-wide. And I think that’s a great program.”

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NEWS

New GI Bill brings changes to educational benefits

Susanne Kappler  
Leader Staff

Soldiers planning to use the GI Bill to further their education will be faced with some changes soon. The latest version of the GI Bill — also known as the Post-9/11 GI Bill — was ratified by President Bush June 30 and will take effect Aug. 1, 2009.

There are a number of differences that set it apart from the current Montgomery GI Bill.

Three types of payments are available to eligible recipients.

“As a full-time student, the new bill will pay for 100 percent tuition costs as noted under the state’s in-tuition rates and guidelines; up to \$1,000 a year for books and supplies; and a monthly housing stipend,” said Shirley O’Neal, education services officer.

The tuition payments are made directly to the school, whereas the housing allowance and book stipend are paid to the student. The amount of tuition benefits paid to service members depends on where they attend school and how long they served (see chart).

The Post-9/11 GI Bill covers 100 percent of tuition for those who served at least 36 months on active duty after Sep. 11, 2001, as long as the tuition rate does not exceed the most expensive public school tuition in the same state.

Those who attend private schools with higher tuition rates may benefit from the “Yellow Ribbon G.I. Education Enhancement Program.”

The program promotes agreements with schools to pay up to 50 percent of the tuition that is not covered under the G.I. Bill with DoD matching the amount.

For example, if the school’s tuition exceeds the authorized amount by \$5,000, the school can contribute up to \$2,500 of the fees with DoD covering the other \$2,500. Currently, it is unclear how many or which schools will participate in the program.

The housing stipend is equal to the Basic Allowance for Housing for service members with dependents in the E-5 pay grade who reside in the same ZIP code where the school is located.

The housing stipend is not available to students who attend distance learning programs or to those who attend school less than half time.

Under the new bill, some service members can elect to transfer education benefits to eligible family members.

Time of service	
Percentage of maximum benefit payable	
At least 36 months	100
At least 30 continuous days on active duty and discharged because of service-connected disability	100
At least 30, but less than 36 months	90
At least 24, but less than 30 months	80
At least 18, but less than 24 months	70
At least 12, but less than 18 months	60
At least 6, but less than 12 months	50
At least 90 days, but less than 6 months	40

Benefits can only be transferred while the service member is still on active duty.

To be eligible to transfer benefits to a spouse, a service member must have been on active duty for at least six years with an agreement to serve at least four more.

To transfer benefits to children, 10 years of active duty service must be completed.

While the new bill outlines general rules for the transfer of benefits, some decisions, such as family members’ eli-

gibility and specific rules governing the transfer have yet to be made by DoD.

Entitlements are paid for up to 36 months, which translates to four academic years, and expire 15 years after separation from the military.

Enrollment in the new program is automatic and free for all service members who qualify for the new plan. Those who are already enrolled in the previous program do not have to worry about losing any benefits.

“If you are enrolled in the Montgomery GI Bill and meet the criteria for the Post-9/11 GI Bill, you have the option to transfer your remaining MGIB benefits to the new program,” O’Neal said.

However, while some service members qualify for both benefits, they may receive benefits only through one program, said Steve Westerfeld, a VA spokesman.

Some types of education that were covered under the Montgomery GI Bill are no longer covered under the Post-9/11 GI Bill.

“Programs not offered at an Institution of Higher Learning are not covered,” Westerfeld said. “This includes on-the-job training, apprenticeship, flight training and non-degree training unless offered at an IHL. Veterans who were previously covered by the Montgomery GI Bill and elect to receive benefits under the new GI Bill can continue to use the benefit for these types of training.”

The VA anticipates that the number of service members who take advantage of the GI Bill will rise.

“We expect the number of participants to increase by as much as 20 percent over the next several years,” Westerfeld said.

He added that despite implementing a new GI Bill and an expected higher number of applicants, no delays in the processing are predicted.

“VA is aggressively pursuing enhancements to its processing and payments systems required to support this new benefit,” Westerfeld said. “Smooth implementation of this program on Aug. 1, 2009, is a top VA priority.”

The history of the GI Bill dates back to 1944 when President Franklin D. Roosevelt signed the Servicemen’s Readjustment Act into law on June 22 to help ease the transition of Soldiers serving in World War II back to civilian life.

For more information on the Post-9/11 GI Bill, visit [www.gibill.va.gov](http://www.gibill.va.gov).

Susanne.Kappler1@us.army.mil



# FEATURE

## *Drill sergeants seeing double — twice*

**Ashley Henry**  
*Public Affairs Intern*

The bond between twins is unlike any other sibling bond. Some twins share everything — birthdays, interests and the sound of their names.

Identical twins Julie and Julia Joseph, 18, Pompano Beach, Fla., and Joseph and Jacob Torriere, 17, Buffalo, N.Y., strengthened their bond when they enlisted in the Army with their twin and arrived at Company F, 1st Battalion, 61st Infantry Regiment to begin their Basic Combat Training.

For the Torriere brothers, joining the Army was something they had always wanted to do, but actually doing it together has made the experience better.

“It would have been different doing it on our own,” Jacob said, “but I don’t think it would have been harder, it would just be a different mentality.”

The Torriere brothers are battle buddies and both agree they would not want it any other way.

“We can push each other and help each other get over the obstacles,” Joseph said, “and that is something we are used to doing, we have been doing it our whole lives.”

With two sets of identical twins in the company confusion was bound to happen.

“We get them confused all of the time,” Staff Sgt. Diana Ulloa, Co. F, 1st Battalion, 61st Infantry Regiment drill sergeant said. “The only reason I can tell (the brothers) apart is because one of them has a scar on their head and if it wasn’t for the different colored tape on the canteens, I would get the females confused too.”

The confusion has, at times caused the wrong twin to get in trouble. But for the Torriere brothers they are used to it be-

cause they have dealt with it their whole lives.

“When we get separated and one of us messes up later that day when the drill sergeant says something, sometimes they say it to the wrong person,” Joseph said. “We just wait till they are done and tell them that it was the other one.”

Watching their twin get in trouble by a drill sergeant doesn’t bother the Torriere brothers, but the Joseph sisters have mixed feelings about it. Julia does not like to see her twin get in trouble and Julie has a different outlook on it.

“I don’t like to see her get yelled at,” Julie said, “but, if she is getting in trouble then she probably deserves it.”

The Joseph sisters are in different platoons, so while they cannot physically help each other through the training they are each other’s support system.

“We have always been really close,” Julia explained, “and it is nice to have someone here to help me get through this.”

Besides being each other’s support systems, the twins also help push each other through sibling rivalry.

“I am better at push-ups,” Jacob said, “and (Joseph) is better at sit-ups, and I beat him in running.”

“But I am going to beat him next time,” Joseph finished.

The competition the twins have between themselves is an advantage for them according to Ulloa.

“(The brothers) tend to want to complete the event first so they push each other that way,” Ulloa said. “They compete against each other a lot, so it gets interesting.”

If joining the Army together was not enough, both sets of twins have the same



Photo by Ashley Henry

**Identical twins Joseph and Jacob Torriere, back and Julia and Julie Joseph, front, use competition between each other to push themselves to do better in their Basic Combat Training. Both sets of twins are assigned to Company F, 1st Battalion, 61st Infantry Regiment.**

military occupation specialty.

The Joseph sisters will be trained in automated logistics and will go to Fort Lee, Va., for their Advanced Individual Training.

The Torriere brothers will be trained as signal support system specialists and will go to AIT after they complete their last year of high school.

*Ashley.Rose.Henry@us.army.mil*



# ARMY NEWS

## Soldiers have more flexibility in naming beneficiaries

**OCA**  
*Army News Service*

WASHINGTON — Based on changes to law the past two years, Soldiers now have greater flexibility in determining whom they designate to receive their \$100,000 death gratuity.

On July 1, the law stipulated that Soldiers could designate up to 10 beneficiaries, in \$10,000 increments, none of whom are required to be a spouse or Family member.

To accommodate the change, the Office of the Secretary of Defense has published an updated version of the Department of Defense Form 93, Record of Emergency Data.

Since July 1, however, a number of Soldiers filled out

the 1988 version of the DD Form 93. These Soldiers must now complete a new DD Form 93 using the January 2008 version. Forms sent since July 1 need to be redone.

Before the new form was available, the Department of the Army issued guidance designed to allow for the new beneficiary options. Feedback from the field, though, indicates that the work-around does not adequately allow Defense Finance and Accounting Service to clearly determine Soldier intent regarding their death gratuity choices, officials said.

Only Soldiers who completed the old DD Form 93 since July 1 are required to go back and complete the new version, officials said, but they added that all Soldiers are eligible to update their beneficiaries.

DD Forms 93 that were completed or updated prior to July 1 remain valid, officials said. They added, however, that Soldiers are encouraged to update their DD 93s on the new forms as soon as practicable.

“This is a command issue,” said Gen. Pete Chiarelli, the vice chief of staff of the Army. “All commanders and leaders must ensure that Soldiers receive proper guidance and counseling related to their expanded death gratuity options. Talk to your Soldiers; tell them to talk to their Spouses and help them make appropriate decisions.”

For more information or questions regarding the death gratuity and the DD Form 93, Soldiers and their Family members should contact their local servicing personnel administration center.

## *Changes in Army Service Uniform announced*

**C. Todd Lopez**  
*Army News Service*

WASHINGTON — Out with the old, in with the blue. The Army has made it official, the green service uniform, which has defined the service since the mid-1950s, is on the outs.

In place of the green uniform will be a variation of the blue uniform, something many Soldiers already own. Official word on the new “Army Service Uniform,” or ASU, was released Aug. 20 in a message to all Army activities.

The message defines the wear policy and the “bridging” strategy for transition to the new uniform.

“It’s a culmination of transformation efforts that started in 2004,” said Sgt. Maj. of the Army Kenneth O. Preston of the new ASU. “We had three ‘Class A’ style uniforms, all the same style jacket, with just a different color — the policies on how we wore accoutrements on them were different. We asked the question — if we

wear one only, which would it be? And the blue uniform was the most popular of the three.”

The new ASU coat, similar to the existing blue coat, will be made of a wrinkle-resistant material and will have a more “athletic” cut.

Other changes to the uniform include authorization of a combat service identification badge to recognize combat service, overseas service bars authorized on the jacket sleeve for both enlisted Soldiers and officers, the wear of distinctive unit insignia on the shoulder loops of the blue coat for enlisted Soldiers, authorizing paratroopers to wear the black jump boots with the blue ASU, and the decision to transition to a new short sleeve and long sleeve white shirt with shoulder loops.

It is also permissible for enlisted Soldiers to wear both overseas service bars and service stripes on the new blue ASU coat.

Officers and Soldiers in the grade of

corporal and above will additionally wear a gold braid on their slacks to indicate leadership roles.

“That is kind of a right of passage as you transition from being a (junior) enlisted soldier to a noncommissioned officer,” Preston said of the gold braid.

New items for the ASU will be available in military clothing sales after July 2009.

Soldiers will be expected to possess the entire uniform by July 2014. The two key components of the uniform, the coat and slacks, are expected to cost around \$140, with modifications bringing the total cost to \$200.

Enlisted Soldiers will receive an increase in their annual uniform allowance to help offset the cost of the uniform.

*Photo by Sgt. Maj. Phil Prater, Army News Service*

***The new Army Service Uniform is based on the Army’s current dress blues and will replace both the Class A and B green uniforms.***





## Drill sergeants epitomize NCO professionalism

### COMMENTARY

**Sgt. 1st Class Fred L. Hernandez**  
*U.S. Army Drill Sergeant School*

It is one of the most important duty positions in the military and only the best noncommissioned officers are selected for such duty.

The responsibility of the drill sergeant is to assure that his or her Soldiers are properly trained for the required tasks of today's Basic Combat Training Soldiers.

With the war in Iraq and Afghanistan, the roles and responsibilities of the NCO have increased. The Global War on Terror has placed extraordinary demands on time needed for critical skill training, warrior tasks and battle drills, personal growth and development, Soldier team development and marksmanship training.

A drill sergeant is also a leader, a mentor, a mom, a dad and a friend. We are known to take more than the average daily tasks and still have the tradition to execute without question.

NCOs have traditionally dedicated themselves to the development of the Army's most valuable asset, its Soldiers. Today's drill sergeants maintain that very standard of being the "backbone of the NCO Corps" and carry on one of the finest traditions of the U.S. Army — guardians of the standards.

NCOs are pivotal in ensuring performance standards are excelled and that their Soldiers are constantly in a state of readiness to perform and complete their mission. To attain this goal, NCOs provide daily training that includes determining if search and seizure is authorized on check points, identifying IEDs, culture awareness education, weapons qualifying, combat life saver skills, individual movement techniques and many other valuable

infantryman skills with which the modern Soldier has been bestowed.

The beginning of the NCO Creed says, "No one is more professional than I. I am a noncommissioned officer, a leader of Soldiers." The creed ends, "I will not forget, nor will I allow my comrades to forget that we are professionals, noncommissioned officers, leaders!"

This is the guide for their daily lives in the military.

The dedication of drill sergeants is limitless and undying. While most of those who come into daily contact with these men and women are appreciative of the training they provide our newly inducted Soldiers, many don't know or care about the personal sacrifices made on their behalf.

The unsung heroes of our military are the drill sergeants, and the Army's most valuable assets are its Soldiers.

"This We'll Defend!"

## Every American should visit a Warrior Transition Unit

### COMMENTARY

**Col. Jimmie O. Keenan**  
*Army News Service*

As a Soldier, officer, trauma nurse, military spouse and mother, I live every aspect of Army health care, and I know what works and what doesn't.

Nothing is more disappointing than to see other people doubt what the Army is doing to take care of wounded, ill and injured Soldiers without having the facts right. It might not make the headlines, but Soldiers taking care of Soldiers is what we do. It's our ethos, it's our passion and it's our job.

Since the Global War on Terror began, the Army faced the necessity of putting into place the infrastructure to handle the extraordinary number of outpatients a protracted war generates.

I know I certainly did not see the attack of 9/11 coming, nor did the Army medical system. We also did not expect to be into our seventh year of war either.

Once we realized the care requirements an ongoing war placed on the Army, we

moved quickly to bring about needed changes. In less than a year, we developed and opened 35 Warrior Transition Units, or WTUs, and nine Community Based Health Care Organizations to provide the necessary support structure to care for the more than 30,000 wounded, ill and injured Soldiers we have treated since the war began.

Today, we provide health care, counseling and leadership support along the entire continuum of care, all within an environment mirroring the Soldier's former unit.

This care goes beyond medical care and includes specialized help with personal relationships, stress management, counseling and a whole range of offerings aimed at encouraging each wounded warrior to take positive steps toward overcoming adversity.

This effort is done in conjunction with the Soldier Family Assistance Centers, which are specifically designed to offer recovering Soldiers and their families educational, vocational and financial services.

In addition, Veterans Benefits Administration counselors provide support at these centers.

We have come as far as we have be-

cause we listened to our Soldiers and our medical and personnel professionals. We continue to gather their thoughts and ideas to further transform the system to make it more responsive.

We conduct town hall meetings; make available to Soldiers and their families ombudsmen, who are able to cut through mountains of red tape to provide needed assistance; and operate a 24-hour-a-day hotline (1-800-984-8523) to provide two-way communication with our Soldiers and their families.

This is not an example of an organization in denial — it's proof that we are agile, adaptable and responsive.

Today these WTUs provide our wounded, ill and injured Soldiers more personalized care than ever before in our history. We ask these Soldiers to focus on their healing, and, in turn, we offer them a familiar environment of support, focus, and discipline.

As we wrapped our arms around all Soldiers with complex medical issues, the WTU population grew. It grew because we added Soldiers into the program whether they were injured in combat, had a sports injury or were going through the medical

evaluation system. We felt that this approach was the morally right thing to do, and yet over and over again I see the Army being criticized for doing what is right.

We need to work on how we communicate our story to the American public and the media because I find the coverage to be off target.

We may not be exactly where we want to be today, but we are working hard to get there.

Recently, I met a 14-year-old daughter of a Soldier who was wounded in combat, and she told me that when her dad was wounded, their whole family was wounded and needed to heal.

These wounds, illnesses and injuries touch families, communities and industries — all of us.

I encourage every American to visit a WTU or become a volunteer to help our wounded, ill and injured warriors and our nation heal. To sign up, visit <http://giftstoarmy.army.mil>.

**Editor's Note:** Col. Jimmie O. Keenan serves as chief of staff for the Army's Warrior Care and Transition Office in Arlington, Va.

### Do you have an opinion you want to share?

The Fort Jackson Leader is accepting letters to the editor. Letters must be submitted to the Leader by noon, Monday. The Leader reserves the right to edit letters for style, grammar and to fit the space. To submit a letter to the editor to the Leader, e-mail it to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).



# COMMUNITY HIGHLIGHTS

## Help us find a loving home



Photos by Ashley Henry

*These cats and dogs are at the Fort Jackson Veterinary Clinic, and they all need a home. From top left, clockwise: 1-year-old neutered and microchipped male lab; 8-week-old black kittens; 6-month-old male kitten; 2-year-old orange male cat; 3-month-old male lab-mix puppy. For information on these or other pets for adoption, call the Veterinary Clinic at 751-7160.*

## This Week

### Insurance Class

An Insurance Class is set 9-11 a.m., today, at the Education Center, Room B-302. For more information, call 751-4862/6325.

### Employment Readiness Orientation

An Employment Readiness Orientation is set 6-8:30 p.m., today at the Main Post Chapel. For more information, call 751-4862/6325.

### AFTB: Supporting Your Child's Success

There will be an AFTB: Supporting Your Child's Success workshop from 8:30 a.m. to 12:30 p.m., Friday at the Joe E. Mann conference room. For more information, call 751-4862/6325.

### Stress and Anger Workshop

A Stress and Anger Workshop is set from 8 a.m. to 4:30 p.m., Tuesday at the MG Robert B. Solomon Center. For more information, call 751-4862/6325.

### Breastfeeding Class

There will be a Breastfeeding Class from 10 a.m. to noon, Tuesday at the Joe E. Mann conference room. For more information, call 751-4862/6325.

### Checkbook Maintenance

A Checkbook Maintenance workshop is set for 8:30-10:30 a.m., Wednesday at the Education Center, Room B-302. For more information, call 751-4862/6325.

### Employment Readiness Program Orientation

There will be an Employment

Readiness Program Orientation from 8:30 a.m. to noon, Wednesday at the Education Center, Room B-206. For more information, call 751-4867/5452.

### Special Forces Recruiting Team

The Special Forces Recruiting Team will conduct a Special Forces briefing from 11:30 a.m. to 1 p.m., Sept. 3 at the NCO Club, Liberty Lounge. For more information, call (910) 432-2177.

### Resume Writing for Beginners

There will be a Resume Writing for Beginners workshop 1:30-3:30 p.m., Wednesday at the Education Center, Room B-206. For more information, call 751-4867/5452.

## Upcoming

### Parents Who Care (Infants-6 years old)

There will be a Parents Who Care meeting for parents with children 6 years old and younger from 10 a.m. to noon, Sept. 4 at the Joe E. Mann conference room. For more information, call 751-4862/6325.

### Online Career Assessment Tool

There will be an Online Career Assessment 9-11:30 a.m., Sept. 9, 23 and 30. For the location and more information, call 751-4867.

### Fort Jackson Spouses' Club

The Fort Jackson Spouses' Club will have a membership drive and information fair from 10 a.m. to 2 p.m., Sept. 9 at the MG Robert B. Solomon Center. The Spouses' Club is an all-ranks and civilian

## Leaders learn motorcycle safety



Photo by Ashley Henry

*Rick Williams, motorcycle safety instructor, right, talks to leaders from the 171st Infantry Brigade Friday at the Motorcycle Range about the importance of wearing a helmet. The class was requested by the brigade.*

spouses' group. For more information, e-mail [Ft.JacksonSpousesClub@yahoo.com](mailto:Ft.JacksonSpousesClub@yahoo.com).

### Baby Basics, Baby Bundle and Dad 101

Baby Basics, Baby Bundle and Dad 101 is set from 10 a.m. to 1, Sept. 9 at the Joe E. Mann Conference Room. For more information, call 751-4862/6325.

### Divorce and Money

There will be a Divorce and Money workshop 1:30-3:30 p.m., Sept. 9 at the Education Center, Room B-302. For more information, call 751-4862/6325.

### AFTB Advisory Council Meeting

An AFTB Advisory Council Meeting is set for 3 p.m., at the Post Conference Room. For more information, call 751-4862/6325.

### Exceptional Family Member Program Support Group Outing

There will be an EFMP Support Group outing to Ed-Venture at 5 p.m., Sept. 9. For more information, call 751-4862/6325.

### WorkKeys Assessment

A free WorkKeys Assessment test will be given 9-11 a.m. Sept. 9, from 8:30 a.m. to 4 p.m., Sept. 16 and 23 and from 9 a.m. to noon, Sept. 24. The test enhances a resume and demonstrates skill potential to employers.

These dates will include instructional activities, classes and the assessment. Participants must attend all dates. Free child care is available to military families who register by Aug. 10. All candidates

must preregister by calling 751-5452.

### Warrant Officer Recruiting Briefings

A warrant officer recruiting team from Headquarters, U.S. Army Recruiting command will conduct briefings on qualifications and applications procedures for Soldiers interested in becoming warrant officers at 9:30 a.m. and 1:30 p.m. daily, Sept. 10-12 at the Continuing Education Services Center, Room B-303. For more information, call (502)626-0328.

### Thrift Savings Plan

There will be a Thrift Savings Plan seminar 8:30-10:30 a.m., Sept. 10 at the Education Center, Room B302. For more information, call 751-4862/6325.

### Successful Interviewing and Salary Negotiations

A Successful Interviewing and Salary Negotiations seminar will be from 9 a.m. to noon, Sept. 10 at the Education Center, Room B-206. For more information, call 751-4862/6325.

### Phase II LEVY Briefing

There will be a Phase II LEVY Briefing 2:30-3:30 p.m., Sept. 10 at the Strom Thurmond Building, Room 213. For more information, call 751-4862/6325.

### Army Integrated Family Support Network Training

There will be an Army Integrated Family Support Network Training from 9 a.m. to noon Sept. 15-16 at Dozier Hall, 10300 Marion St.



# COMMUNITY HIGHLIGHTS

## Waffle Stacking Contest



Photo by Mike A. Glasch

**Inaya Rahee, 6, concentrates as she pours syrup on mini-waffles in an attempt to see how high a stack she can build during a waffle-stacking contest Monday. The contest was sponsored by Balfour Beatty Communities and open to all children living in Fort Jackson housing.**

For more information, e-mail [patri-cia.a.guillory@us.army.mil](mailto:patri-cia.a.guillory@us.army.mil).

### Family Readiness Group Leadership Training

There will be a Family Readiness Group Leadership Training from 9 a.m. to 4 p.m., Sept. 22 and 23 at Dozier Hall, 10300 Marion St. RSVP's are requested by Sept. 17. For more information, e-mail [patri-cia.a.guillory@us.army.mil](mailto:patri-cia.a.guillory@us.army.mil).

## Announcements

### Chapel CTOF Contracts

All Daniel Circle CTOF contract positions are open for interview Sept. 1-20. Interviews will be conducted by the chapel officer in charge. For more information, call 751-1297/4478.

### National POW/MIA Day Observance

Fort Jackson will host a POW/MIA Day Observance during the Basic Combat training graduation at 9 a.m., Sept. 19 at Hilton Field. The ceremony will honor Armed Forces personnel who are prisoners of war and recognize former POWs.

### Legal Education Program

The Office of the Judge Advocate General is now accepting applications for the Army's Funded Legal Education Program. Selected officers will attend law school beginning Fall 2009. Officers interested in applying should register for the Law School Administration Test. For more information on the application process and eligibility criteria, call 751-7657.

### AUSA Golf Tournament

The Fort Jackson — Palmetto State Chapter of the Association of the United States Army will sponsor the

## Recurring Meetings

### Weekly

**Walking Away Stress** meets at 9 a.m., Mondays and Fridays at the pecan orchard near the post office on Early Street. For a walking log or more information, call 751-6325.

**Play Group** meets 10-11:30 a.m., Mondays at 5953C Parker Lane. For more information, call 751-5256/6325.

**Range Control Briefing** is held at 1 p.m., Mondays and Fridays at the Education Center, Room 302. For more information, call 751-7171.

**Helping Everyone Reach Optimum Strength** meets 5-6 p.m., Tuesdays at Moncrief Army Community Hospital, seventh floor. It is open to combat veterans and their family members. For more information, call 751-2160/2183.

**Medical Board Office** is closed from 7:30 a.m. until 1 p.m., every Thursday. For information, call 751-0359/7152/7318.

**Protestant Women of the Chapel** meet Thursdays from 9:30 a.m. to 12:30 p.m. at the Main Post Chapel. Homeschoolers are welcome and evening studies are available. Free child care is available. For information, e-mail [pwocjackson@yahoo.com](mailto:pwocjackson@yahoo.com).

**Overseas Travel Clinic** is held from 8:30 a.m. to noon, Fridays. For more information, call 751-5151.

**Military Widows/Widowers Association** meets at 2 p.m., Sundays at Moncrief Army Community Hospital, eighth floor. For more information, call 787-2469.

### Monthly

**The Ladies Auxiliary** meets at 3 p.m., the second Sunday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

**Civil Air Patrol** meets at 6:30 p.m., the first Monday of the month at Columbia's downtown airport, Owens Field, main conference room. For more information, e-mail [tom.alsup@gmail.com](mailto:tom.alsup@gmail.com) or visit online at [www.scwv.gov](http://www.scwv.gov).

**Weight Loss Surgery Support Group** meets at noon the second and fourth Monday of the month at the Weight Management Center, 180 Laurel Street, Columbia.

The group also meets the second and fourth Tuesday of the month at 6:30 p.m. at the Palmetto Health Baptist Breast Health Center, 1501 Sumter St., Ground Level, Meeting Room 2, Columbia.

**Seabees** meet at 7 p.m., the second Monday of the month at the West Metro Chamber of Commerce and Visitors Center. Call 755-7792, 736-0841 or 755-0300

for more information.

**Veterans of Foreign Wars** meet at 7:30 p.m., the second Monday of the month at 534 S. Beltline Blvd. Call 782-5943 or 782-0148 for more information.

**Fort Jackson Enlisted Spouses' Association** meets at 6:30 p.m., the third Monday of each month at 5942E Thomas Court. For more information, call 665-4170 or e-mail [esa2005ff@yahoo.com](mailto:esa2005ff@yahoo.com).

**Sergeant Audie Murphy Club** meets at 11:30 a.m., the first Tuesday of the month at the Post Conference Room [www.jackson.army.mil/360/SA/MC/home.htm](http://www.jackson.army.mil/360/SA/MC/home.htm).

**American Legion Post #182** meets at 7 p.m., the first Tuesday of the month at the Officers' Club. For information, call 351-2333.

**Disabled American Veterans** meet 6 p.m., the second Tuesday of the month at 511 Violet St., West Columbia. For information, call 796-7122.

**Fleet Reserve Association** Unit 202 meets at 1 p.m., the third Tuesday of the month at 2620 Lee Road. Call 482-4456 for information.

**Purple Heart #402** meets at 7 p.m., the fourth Tuesday of the month at the American Legion Post #6 on Pickens Street. For information, call 351-2333.

**American Red Cross** new adult volunteers orientation is the third Wednesday of the month from 9 a.m. to noon at building 2179 on Sumter Avenue. For more information, call 571-4329.

**"Victory Riders" Motorcycle Club** meets at 5 p.m., the first and third Thursdays of the month at Magraders Club. For information, e-mail [sec@ffvictoryriders.com](mailto:sec@ffvictoryriders.com).

**Society of American Military Engineers** meets 11:30 a.m., the fourth Thursday of the month. For information, call 254-0518 or 765-0320.

**Diabetes Support Group** meets at 6 p.m., the last Thursday of the month in the Moncrief Army Community Hospital fourth floor dining facility. For information or to register, call 751-2501.

**MEDPROS training** will be held 1-4 p.m., the third Friday of the month, at the hospital, Room 9-83. For more information or to register, e-mail [Jaclynne.Smith@amedd.army.mil](mailto:Jaclynne.Smith@amedd.army.mil).

**Retired Enlisted Association** meets at 5:30 p.m., the third Friday of the month at the hospital, third floor. For information, call 740-2319 or e-mail [jrodgers11@sc.rr.com](mailto:jrodgers11@sc.rr.com).

**92nd Buffalo Chapter 20 DAV** meets at 11 a.m., the third Saturday of the month, except July and August, at the DAV Headquarters 511 Violet St., West Columbia. For information, call 260-1067.

**U.S. Navy Sea Cadets**, for 11-18 year olds, meet the third weekend of the month. For information call 622-8707.

To submit a recurring meeting, e-mail the name of the group, when and where the meeting takes place and contact information to [fjleader@conus.army.mil](mailto:fjleader@conus.army.mil).

21st Annual J. Willis Cantey Memorial Golf Classic at noon, Sept. 17 at the Fort Jackson Golf Club. Registration forms can be picked up at the golf course.

### Fire Hydrant Maintenance

Fire hydrants are being replaced, painted and repaired around post. The hydrants are to be painted in compliance with the National Fire Protection Association codes and

are only to be painted designated colors. Units are asked not to paint fire hydrants. The contractor will be performing this task. For more information, call 751-1611/1610.

### Employment Assistance

For help contacting the Employment Readiness manager at your new installation, call Fort Jackson Employment Readiness at 751-5452.

# Christmas trees delivered to U.S. troops, families

**Nicole Fischer**  
*Christmas SPIRIT Foundation*

Chesterfield, Mo. — The Christmas SPIRIT Foundation and FedEx Corp. will deliver real Christmas trees to military families stationed in the U.S. and overseas for the fourth consecutive year as part of the annual Trees for Troops program.

National Christmas Tree Association members will donate the trees, while FedEx Corp. is donating transportation and logistical services to the Christmas



SPIRIT Foundation, NCTA’s charitable branch.

The popular program has grown rapidly since its inception in 2005, when 4,300 trees were delivered to troops and military families in the U.S. and overseas.

Since then, Trees for Troops has provided more than 34,000 military families with a real Christmas tree. This holiday season CSF

and FedEx plan to deliver at least 17,000 real Christmas trees to families at more than 40 military bases in the U.S. and overseas.

Last year, for the first time, the public had an opportunity to participate in the program by purchasing a tree to be sent to a military family in an event called Trees for Troops Weekend.

More than 40 farms and retail locations around the country participated in Trees for Troops Weekend adding 4,500 additional trees for the program.

This year, Trees for Troops Weekend will be held Dec. 5-7 and Garden Centers of America members will also have the opportunity to participate by selling trees to the public. The international shipment of trees will depart from Columbus, Ohio, on Nov. 11, while the domestic base deliveries will take place from Dec. 2-12.

For more information about the program or to contribute, visit [www.christmasspiritfoundation.org](http://www.christmasspiritfoundation.org). For more information, go to [www.gardencentersofamerica.org](http://www.gardencentersofamerica.org).



**Today**

**Southern Style Lunch Buffet**, from 11 a.m. to 2 p.m. at the Officers’ Club. The buffet is open to the public.

Visit **Century Lanes** for food, fun and bowling.

**Magruders Pub** is open for lunch for family members from noon to 4 p.m., Thursdays.

There will be a **couples tournament** at the Fort Jackson Golf Club, starting at 2 p.m.

A **free showing of “Wall-E”** will be at the MG Robert B. Solomon Center at 4 p.m.

**Friday**

Play **Victory Bingo** and win prizes up to \$15,000. There are guaranteed \$50 payouts.

**Artistic Expression with Jake** begins 6:30 p.m. at the Youth Center Teen Room.

**Dance** to a variety of music provided by DJ Randall at **Magruders Club** from 9 p.m. to 3 a.m. The club is located in the back of Magruders Pub, and the cover charge is \$3 for military and \$5 for civilians.

**Family Golf Night** begins 5 p.m. at the Fort Jackson

Golf Club. Cost is \$5 per family and includes free pizza at the clubhouse.

**Saturday**

**Step Team practice** begins 2 p.m. at the Youth Center Dance Room.

The NCO Club presents **Classic Soul Saturday** from 9:30 p.m. to 2 a.m. in the Excalibur Room. The cover charge is \$3 for military and \$5 for civilians. Live broadcasts from the BIG DM 101.3 with giveaways will be held 9:30-11 p.m.

**Sunday**

Come to **brunch** from 11 a.m. to 2 p.m. at the Officers’ Club.

Enjoy **Family Day at the Youth Center**, 2-6 p.m.

**Monday**

The NCO Club presents a **full lunch buffet**, featuring fried chicken or fish, fresh vegetables, a full salad bar, soup, assorted desserts and a beverage from 11 a.m. to 1:15 p.m. for \$7.

**Tuesday**

**Movie Night** begins 6 p.m. at the Youth Center in the

Teen Room.

Enjoy **free movies** every Tuesday at Magruders Pub.

**Wednesday**

Be a sensation with **Karaoke with Tom Marable** at **Magruders Club** at 7:30 p.m. Cover charge is \$3 for military and \$5 for civilians.

A **Checkbook Maintenance class** is set for 8:30-10:30 a.m. at the Education Center, Room B-302.

There will be a **Newcomer’s Brief** at 9 a.m. at the Post Conference Room.

The deadline to **register for Ultimate Frisbee** is 4 p.m., at the Sports Office.

The **Special Needs Collaborative Quarterly Meeting** from 11:30 a.m. to 1 p.m. at the Officer’s Club.

**Punt, Pass and Kick** for ages 6-13 is set for 6 p.m. at the Youth Sports Complex.

**Ongoing Offers**

- The **NCO Club lunch buffet** is served from 11 a.m. to 1:15 p.m., daily. The cost is \$7 for adults and \$3.75 for children.
- The **NCO Club breakfast** is served 6-9 a.m., Monday through Friday. The cost for adults is \$7 and \$3.75 for children 4-10 years old.



# HEALTH

## Six influenza vaccines receive approval

**U.S. Department of Defense**  
*Military Health System*

The U.S. Food and Drug Administration recently announced that it has approved this year’s seasonal influenza vaccines that include new strains of the virus likely to cause the flu in the United States during the 2008-2009 season.

The six vaccines and their manufacturers are: CSL Limited, Afluria; Glaxo-SmithKline Biologicals, Fluarix; ID Biomedical Corporation of Quebec, FluLaval; MedImmune Vaccines Inc., Flu-Mist; Novartis Vaccines and Diagnostics Limited, Fluvirin; and Sanofi Pasteur Inc., Fluzone. Approval information and specific indications can be found at <http://www.fda.gov/cber/flu/flu2008.htm>.

This season’s vaccines contain three strains of the influenza virus that disease experts expect to be the most likely cause of the flu in the United States.

Each season’s vaccines are modified to reflect the virus strains most likely to be

circulating. The closer the match is between the circulating strains and the strains in the vaccines the better the protection.

There is always a possibility of a less than optimal match between the virus strains predicted to circulate and what virus strains end up causing the most illness.

Even if the vaccines and the circulating strains are not an exact match, they will provide some protection and may reduce the severity of the illness or prevent flu-related complications.

“One of the biggest challenges in the fight against influenza is producing new vaccines every year,” said Jesse L. Goodman, M.D., M.P.H., director of FDA’s Center for Biologics Evaluation and Research. “There is no other instance where new vaccines must be made every year. The approval of flu vaccines is a part of FDA’s mission to promote the health of Americans throughout the year.”

The FDA changed all three strains for

this year’s influenza vaccine—an unusual occurrence, as usually only one or two strains are updated from year to year. A list of the strains included in the 2008-2009 vaccine can be found at <http://www.fda.gov/cber/flu/flu2008.htm>.

Each year, experts from the FDA, World Health Organization, U.S. Centers for Disease Control and Prevention and other institutions study virus samples and patterns collected throughout the year from around the world in an effort to identify strains that may cause the most illness in the upcoming season.

Based on those forecasts and on the recommendations of its advisory committee, the FDA each February decides on the three strains that manufacturers should include in their vaccines for the U.S. population. The FDA makes this decision early in the year so that manufacturers have enough time to produce the new vaccines.

Vaccination remains the cornerstone of preventing influenza, a contagious respira-

tory illness caused by influenza viruses. According to the CDC, every year an average of 5-20 percent of the U.S. population gets the flu, more than 200,000 are hospitalized from flu complications and there are about 36,000 flu-related deaths. Some individuals — the elderly, young children and people with chronic medical conditions — are at higher risk for flu-related complications. Vaccination of these groups and of health care personnel is critical.

“Currently, only 40 percent of health care workers in the United States are vaccinated against influenza,” said Joxel Garcia, M.D., M.B.A., Department of Health and Human Services’ assistant secretary of health.

“Increasing the number of vaccinated health care personnel can be a strong front in the annual battle against the flu,” Garcia said. “Health care workers can set an example for the patients they serve as well as decrease the likelihood of contracting and transmitting the virus.”

## Dental benefits for pregnant women

**TRICARE Management Activity**  
*Military Health System*

In response to research indicating the increased risk of dental disease during pregnancy, TRICARE Management Activity recently approved an enhanced Maternity Dental Benefit through United Concordia, a dental contractor. The enhanced benefit, authorizes an additional cleaning at no cost for all pregnant TRICARE Dental Program enrollees.

“We are very excited that we can offer this enhanced benefit for our expectant TDP enrollees,” said Dr. Gary Martin, TRICARE Dental Care Branch chief.

Prior to the approved enhancement, which became effective in June, the TDP coverage allowed for two cleaning procedures in a consecutive 12-month period. The modification allows for a third cleaning for mothers-to-be in the 12-month period.

The American Dental Association stresses that maintaining good oral health is an important part of overall health, especially during pregnancy. Research suggests there may be a correlation between maternal gum disease and pre-term and low birth weight babies and that pregnant women with gum disease may be more likely to develop gestational diabetes.

“Any infection present in the mother can pose risks for her unborn baby,” Dr. Martin said. “Therefore, it is extremely important to maintain good oral hygiene habits during pregnancy.”

For more information about dental health during a pregnancy, visit [http://www.ada.org/public/topics/pregnancy\\_faq.asp](http://www.ada.org/public/topics/pregnancy_faq.asp), and for more information about the TRICARE Dental Program, visit <http://www.tricare.mil/mybenefit/home/Dental/DentalProgram>.

*About TRICARE Management Activity and the Military Health System*

TRICARE Management Activity, the Defense Department activity that administers the health care plan for the uniformed services, retirees and their families, serves more than 9.2 million eligible beneficiaries worldwide in the Military Health System. The mission of the MHS is to enhance DoD and national security by providing health support for the full range of military operations. The MHS provides quality medical care through a network of providers, military treatment facilities, medical clinics and dental clinics worldwide. For more about the MHS go to [www.health.mil](http://www.health.mil).

### Helpful Information

Toll-free phone number for MACH is (877) 273-5584 or call locally at 751-CARE (2273), or visit [www.moncrief.amedd.army.mil](http://www.moncrief.amedd.army.mil) [www.tricare.osd.mil](http://www.tricare.osd.mil)

### Pharmacy

Refill prescriptions online at <http://www.moncrief.amedd.army.mil/>.

“Pharmacy Refills Online” is on the right side of the Web site. The Post Exchange Refill Pharmacy is the only site to pick up refills called in or ordered online.

MEDDAC requires a signed authorization form to be completed before a spouse, family member or friend can pick up someone else’s prescriptions.

**Main Outpatient Pharmacy:** open from 7:30 a.m. to 5:30 p.m., weekdays (in the MACH basement).

**Refill Pharmacy:** open from 9 a.m. to 6 p.m., weekdays (in the Post Exchange Annex).

**Main Outpatient Clinic** 751-2385

**Refill, Voice** 751-4609

**Refill, Automated** 751-2250

**Toll-free refill** (866) 489-0950

CHAPEL

Living the  
‘bucket list’  
mentality

Chaplain (Capt.) Masaki Nakazono  
3rd Battalion, 34th Infantry Regiment

In a recent movie called, “The Bucket List,” Morgan Freeman and Jack Nicholson play two men who have been diagnosed with terminal cancer. Freeman plays Carter Chambers, a blue-collar mechanic, amateur historian, faithful husband and family man. Nicholson plays Edward Cole, eccentric loner, mega-corporate tycoon and four-time divorcee.

These two men become friends while they are hospital roommates undergoing their respective cancer treatments. Cole (Nicholson) notices a list which Chambers (Freeman) compiles. Chambers calls it his “bucket list,” things to do before he “kicks the bucket.” With Cole’s wealth and the most absolute determination, these two men go around the world to the most exotic places to complete their bucket list.

I have to admit that before my deployments, my family and I have lived a “bucket list” mentality. Before deploying from Fort Riley, Kan. to Iraq in the early phases of the ground war we had our “last dinner” together. Of course, because of several flight changes, we ended up having three or four of these “last dinners” and saying good-bye as many times.

Before my most recent deployment to Iraq from Germany, it was, “Where do you want to visit before you deploy?” I’m not quite sure how many European cities we visited before this last deployment, but in my six years in the Army, my family and I have already visited some 26 different countries. This “bucket list” mentality helps us to appreciate the multitude of opportunities around us and not take them for granted.

While it is fine to have a bucket list, we cannot live for the bucket list. God’s desire is that we live our lives with faithfulness and obedience to him. God has entrusted each of us with a talent (or gift) and we must be good and faithful stewards of these gifts or talents.

Jesus’ story of “the Parable of the Talents” describes this notion of stewardship and responsibility of these talents. Three servants in this story are each held accountable for how they invested their master’s talents. In the end, each servant faces their master. Those who invested what was given to them responsibly were told, “Well done, good and faithful servant! You have been faithful with a few things; I will put you in charge of many things. Come and share your master’s happiness!”

I settled my account with my master a long time ago and so now I can live out my

Worship services

Protestant

Sunday 8 a.m. and 10:45 a.m. Daniel Circle Chapel (Gospel)  
8 a.m. Bayonet Chapel (Hispanic)  
9:00 and 10:30 a.m. Magruder Chapel  
9:30 a.m. Main Post Chapel  
10:45 a.m. Post-wide Sunday School (Post Chapel)  
11 a.m. Daniel Circle Chapel  
11 a.m. Memorial Chapel  
11 a.m. Chapel Next  
Chaplain School

Wednesday 7 p.m. Gospel Mid-week Service Daniel Circle Chapel

PROTESTANT BIBLE STUDY

Monday 7 p.m. Women's Bible Study (PWOC - Post Chapel, Class 209)

Wednesday 7 p.m. Anderson Street Chapel  
7 p.m. Daniel Circle Chapel  
7 p.m. Gospel Congregation's Youth (Daniel Circle Chapel)

Thursday 9:30 a.m.-12:30 p.m. Women's Bible Study (PWOC, Post Chapel)  
6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)  
7 p.m. LDS Bible Study (Anderson Chapel)

Saturday 8 a.m. Men's Prayer Breakfast (Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall))

PROTESTANT YOUTH OF THE CHAPEL

Sunday 5 p.m. Daniel Circle Chapel (1st & 3rd Sundays)

Wednesday 6:30 p.m. Main Post Chapel

Lutheran/Episcopalian

Sunday 8 a.m. Memorial Chapel

Islamic

Sunday 8-10 a.m. Islamic Studies

Friday 12:30-1:45 p.m. Jumah Services (both — Main Post Chapel)

Church of Christ

Sunday 11:30 a.m. Anderson Chapel

Catholic

M-F 11:30 a.m. Mass (Post Chapel)

Sunday 8 a.m. Mass (Solomon Center)  
11 a.m. Mass (Main Post Chapel)  
9:30 a.m. Mass (120th AG Battalion Chapel)  
9:30 a.m. CCD (Education Center)  
9:30 a.m. Adult Sunday School  
12:30 a.m. Catholic Youth Ministry

Wednesday 7 p.m. Rosary  
7:30 p.m. RCIA/Adult Inquiry

Jewish

Sunday 9:30-10:30 a.m. Memorial Chapel  
10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

Latter Day Saints

Sunday 9:30-11 a.m. Anderson St. Chapel

Addresses, phone numbers

Daniel Circle Chapel — 3359 Daniel Circle, Corner of Jackson Blvd., 751-4216  
Main Post Chapel — 4580 Strom Thurmond Blvd., corner of Scales Ave., 751-6469  
Bayonet Chapel — 9476 Kemper St., 751-4542  
Family Life Chaplain - 4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780  
Anderson St. Chapel — 2335 Anderson St., Corner of Jackson Blvd., 751-7032  
Education Center — 4581 Scales Ave. 751-3883  
Magruder Chapel — 4360 Magruder Ave., 751-3883  
120th Rec. Bn. Chapel — 1895 Washington St., 751-5086  
Memorial Chapel — 4470 Jackson Blvd., 751-7324  
Chaplain School — 10100 Lee Road, 751-8050

bucket list with no worries. Living out your bucket list may bring a delight to your life, but it is living with faithfulness and goodness that brings peace. And in peace you will find joy.

FIRST RESPONDER

Directorate of Emergency Services

POLICE

FIRE

EMERGENCY SERVICES

Fort Jackson, South Carolina

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

**Lt. Col. Ronald F. Taylor**  
*Director, Emergency Services/Provost Marshal*  
**Sgt. Maj. Allen Taylor Jr.**  
*Provost Sergeant Major*  
**Billy Forrester**  
*Fire Chief*

**Cases of the Week**  
A Soldier’s spouse was arrested and charged with child neglect. The father left his children inside a car with the engine running

for approximately four hours while he used the computer lab in the education center, MPs said.

A Soldier was arrested in a domestic violence incident. He struck his wife in the face and pushed her to the floor, Military Police said.

**Tip of the Week**  
If you go to the gym, make sure valuables are secured in the trunk of the vehicle or in a locker provided by the gym. Remember, you are keeping a crime of opportunity from happening .

crimestoppers

1-888-559-TIPS

www.midlandscrimestoppers.com

FORCE PROTECTION

THOUGHT OF THE WEEK

Are You the Weakest Link?

MAINTAIN SITUATIONAL AWARENESS



# Spotting warning signs important to prevent suicide

## Army Substance Abuse Program Staff Report

At what point does the ache of the heart and mind grow so great and the resiliency of the human spirit wear so thin that options for resolving internalized conflict are narrowed to one?

### Why Suicide?

Given similar circumstances, why is it that some people attempt (or gesture) suicide while others don't entertain the thought? Generally, the desire to "end the pain" supersedes the desire to live.

Suicide is a serious public health problem that devastates individuals, families and communities. It is the 11th leading cause of death among Americans for all ages. In 2005 more than 32,000 suicides occurred in the U.S. This is the equivalent of 89 suicides per day; one suicide every 16 minutes or 11.01 suicides per a 100,000 population. The alarming numbers of suicide deaths and attempts emphasize the need for carefully designed prevention efforts.

Although suicide is often characterized as a response to a single stressful event, it is a far more complicated issue. Suicide results from complex interactions between biological, psychological, social and environmental factors.

Adverse life events in combination with other risk factors such as depression may lead to suicide. However, suicide and suicidal behavior are not normal responses to stress. Many people have one or more risk factors and are not suicidal.

Other risk factors include: prior suicide attempt; family history of mental disorder or substance abuse; family history of suicide; family violence, including physical or sexual abuse; incarceration; and exposure to the suicidal behavior of others, including family members, peers or even in the media.

### Does depression increase the risk for suicide?

Although the majority of people who have depression do not die by suicide, having major depression does increase suicide risk compared to people without depression. The risk of death by suicide may, in part, be related to the severity of the depression.

Another way about thinking of suicide risk and depression is to examine the lives of people who have died by suicide risk and see what proportion of them were depressed.

From that perspective, it is estimated that about 60 percent of people who commit suicide have had a mood disorder (e.g., major depression, bipolar disorder, dysthymia). Younger people who kill themselves often have a substance abuse disorder in addition to be depressed.

### Does alcohol and other drug abuse increase the risk for suicide?

In studies that examine risk factors among people who took their lives, substance use and abuse occurs more frequently among youth and adults, compared to older persons.

Alcohol and substance abuse problems contribute to suicidal behavior in several ways. People who are dependent on substances often have a number of other risk factors for suicide. Substance use and abuse can be common among persons prone to be impulsive, and among person who engage in many types of high risk behaviors that result in self-harm.

### Is it possible to predict suicide?

At the current time there is no definitive measure to predict suicide or suicidal behavior. Researchers have identified factors that place individuals at higher risk for suicide, but not every person with these risk factors will actually commit suicide.

Risk factors include mental illness, substance abuse, previous suicide attempts, family history of suicide, history of being sexually abused and impulsive or aggressive tendencies. Suicide is a relatively rare event and it is therefore difficult to predict which people with these risk factors will ultimately commit suicide.

### What should you do if someone tells you they are thinking about suicide?

If someone tells you they are thinking about suicide, you should take their distress seriously, listen non-judgmentally and help them get to a professional for evaluation and treatment.

People consider suicide when they are hopeless and unable to see alternative solutions to problems. Suicidal behavior is most often related to a mental disorder (depression) or to alcohol or other substance abuse. Suicidal behavior is also more likely to occur when people experience stressful events (major losses, incarceration).

If someone is in imminent danger of harming himself or herself, do not leave the person alone. You may need to take emergency steps to get help, such as calling 911. When someone is in a suicidal crisis, it is important to limit access to firearms or other means of committing suicide.

The most effective way to prevent suicide is to recognize the warning signs, take them seriously and know how to respond to them. The warning signs are:

- Talking about suicide (killing one's self).
- Always talking or thinking about death.
- Recent loss — through death, divorce, separation, broken relationship, loss of job, money, status.

## ASAP Calendar of Events

A *Unit Prevention Leader* class will be held from 7:30 a.m. to 4:30 p.m., Sept. 3-5 at 3250, Sumter Ave. It is required training for newly assigned UPLs and includes training on drugs and alcohol, biochemical testing and substance abuse prevention. Seating is limited, so get request forms in early. The uniform will be duty uniform.

The Army Substance Abuse Program provides prevention/education to the community on topics pertaining to alcohol and other drug usage. ASAP maintains a wide selection of pamphlets and videos that can be used to get a better understanding of the dynamics of substance abuse and use. ASAP staff is available to give presentations on alcohol and drug abuse. For questions about classes offered or about substance abuse, call 751-5007.

- Change in personality — sad, withdrawn, irritable, anxious, tired, indecisive and apathetic.
- Change in behavior — cannot concentrate on school, work, routine tasks.
- Change in sleep patterns — insomnia, often with early waking or oversleeping, nightmares.
- Change in eating habits — loss of appetite and weight or overeating.
- Diminished sexual interest.
- Fear of losing control — harming self or others.
- Low self esteem — feeling worthless, shame, overwhelming guilt.
- No hope for the future — believing things will never get better.

Other things to watch for: suicidal impulses, statements, plans; giving away favorite things; previous suicide attempts, substance abuse, making out wills, arranging for the care of pets, extravagant spending, agitation, hyperactivity, restlessness or lethargy.

Be especially concerned if a person is exhibiting any of these warning signs and has attempted suicide in the past. Then seek help. Encourage the person to seek the help of a mental health professional.

**Editor's Note:** The material for this article was compiled from the National Institute of Mental Health at [www.nimh.nih.gov](http://www.nimh.nih.gov), and the American Association of Suicidology at [www.suicidology.org](http://www.suicidology.org).

If you have any questions on substance abuse or training for suicide prevention, call 751-5007.

# SPORTS/FITNESS

## Excessive fried foods is unhealthy

### COMMENTARY

**Maj. Thomas Hundley**  
Moncrief Army Community Hospital

I cannot think of anything better than the taste of some good ol' Southern fried foods.

Growing up in the South, I remember smelling the aroma of fried food coming from half a dozen homes in my neighborhood daily. My brother and I would cruise the neighborhood (on our bikes) some days to determine where we would eat.

"Mrs. Davis is cooking fried pork chops, and Mrs. Shanks is cooking fried fish, but Mrs. Bethel is cooking fried chicken. Where should we go?"

After carefully pondering and choosing our dining location for the evening, we would knock on the door, offer our friendly greeting, engage in meaningless conversation, and wait for those four magic words, "Are you hungry, baby?"

Back in the day, those words were more magical than hitting the jackpot on a scratch-off lottery ticket. Those were the good ol' days of Southern hospitality.

Today we have taken fried foods to another level. We take healthy and unhealthy foods and fry them to death. We now enjoy the taste of fried tomatoes, fried pickles, fried corn, fried ice cream and deep fried coke.

Yep, you read it right, I said fried coke. This sweet concoction consists of Coke syrup, mixed with funnel cake batter, deep-fried and drizzled with some more syrup. Oh yeah, it's topped



**Maj. Thomas Hundley**

us in trouble.

Research indicates that there is a direct link between the consumption of fried foods and obesity. Estimates indicate more than 400,000 deaths each year are attributable to improper diet and inadequate exercise.

Simply put: Fried foods are killing folk. There are a number of people who have died foolish deaths in the past, i.e. bungee jumping and shark hunting. But, how foolish is it for the world to know that you died from fried chicken eating? Now you know that ain't right.

To invoke change in our lives and in our communities, we must understand the consequences of our actions. I have provided a list of some deadly effects attributed to excessive consumption of fried foods and being overweight. If these conditions sound familiar to you, then it's time to make a change.

— *High blood pressure.* As you put on weight, you gain mostly fatty tissue requiring a greater demand for oxygen, nutrients and blood flow. In addition, this may also increase your heart rate and reduce the capacity of blood vessels to transport blood. All of these factors can increase blood pressure.

off with some whipped cream and a cherry. You can credit your annual State Fair for that creation.

Fried foods are truly very unhealthy, but this does not mean we have to totally eliminate them from our diet. It is our gluttony that gets

This puts you on "Heart Attack" street.

— *Diabetes.* Obesity is a leading cause of type 2 diabetes. Excess fat makes your body resistant to insulin. If your body is resistant to insulin, your blood sugar can be high. There's nothing sweet about high blood sugar.

— *Stroke.* Being obese raises your risk of a stroke. A stroke occurs when a blood clot forms because of a blockage in a narrowed artery within the brain. These arteries can become narrowed from fatty deposits in the arteries. This is not the stroke you want to brag about having on the golf course.

— *Sleep apnea.* This serious condition causes a person to stop breathing for short periods during sleep and to snore heavily. It also causes you to wake up frequently throughout the night and to experience drowsiness during the day. Look around your jobs and see who is dozing at work. I'm willing to bet that they're not praying.

— *Cancer.* Many types of cancer are associated with being overweight. These include cancers of the colon, rectum, esophagus, kidney, breast and prostate. There's not much more I can say about that one.

My recommendation is to reduce the number of meals each week that consist of fried foods. Then begin to exercise more by walking or bike riding. We can no longer allow a skillet of grease to get us closer to heaven.

That may sound absurd or a little ridiculous, but it makes this point: If you continue to consume too many fried foods, your tombstone may read, "He fried; He died; and He's laid aside!"

Can I get an amen?

### Sports Briefs

#### Flag Football

Letters of intent for playing flag football are due to the Sports Office by noon, Sept. 11. The season will begin later in September.

#### Ultimate Frisbee

Letters of intent for playing ultimate frisbee are due to the Sports Office by noon, Sept. 11. The season will begin later in September.

#### Free Youth Skill Sessions

A free Soccer Skills Fun Day will begin 6 p.m., today at the Youth Sports Complex for children 3-18 years old.

A free Cheerleading Clinic will begin 6 p.m., Sept. 4 at the Youth Sports Complex for children 4-18 years old.

A free Punt/Pass & Kick football clinic will begin 6 p.m., Sept. 3 at the Youth Sports Complex for children 6-13 years old.

A Fun Run cross country clinic will begin 6 p.m., Sept. 10 at the Youth Sports Complex for children 6-18 years old.

Participants must first register with the Central Enrollment Office to participate in any event. For more information, call 751-5040.

#### Fall Sports Signup

Registration is open for fall youth flag football, cheerleading, soccer cross country and volleyball. Participants must first register with the Central Enrollment Office. Proof of age and a current physical are required to register.

Flag football for 6-13 year olds: Sept. 20 through Nov. 1. Practice is twice a week 5-7 p.m., with games played on Saturday. The registration fee is \$30, but additional children from the same family cost \$27. The fee includes a jersey and trophy.

Cheerleading for 4-13 year olds: Sept. 20 through Nov. 1. Practice is twice a week 5-7 p.m. The fee is \$30, but additional children from the same family cost \$27. The fee includes skirt, top and trophy.

Soccer for 3-18 year olds: Sept. 20 through Nov. 1. Practice is twice a week 5-7 p.m. The fee is \$30, but additional children from the same family cost \$27. The fee includes jersey, shorts and trophy. This is an off-post league, and a birth certificate is required at registration.

Volleyball for 8-18 year olds: Sept. 20 through Nov. 1. Practice is twice a week 6-8 p.m. The fee is \$30, but additional children from the same family cost \$27. The fee includes jersey, shorts and trophy.

Cross country for 6-18 year olds: Sept. 10 to November. Practice is twice a week 5-7 p.m. The fee is \$40, but additional children from the same family cost \$27. The fee includes jersey, shorts and trophy.

### 10-week run honors fallen Soldiers



Photo by  
Master Sgt. Bob Haskell,  
National Guard Bureau

**Army National Guard Staff Sgt. Rebecca Ingram nears the finish of the national Run for the Fallen's final 10-kilometer leg at Arlington National Cemetery on the morning of Aug. 24. The cross-country run, which began June 14 outside Fort Irwin, Calif., lasted 10 weeks.**